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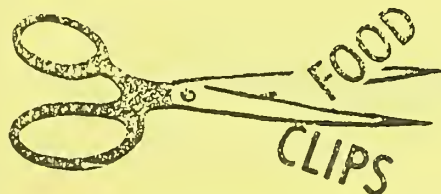
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

34TH YEAR

May 2, 1977

NO. 18



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Try not to stack eggs in a saucepan... a single layer of eggs with just enough water to cover, about one inch is preferred. Bring water to a boil and cover the pan, remove it from the heat and let stand for 15 minutes.

* * *

Remember, eggs coagulate between 149 and 175 degrees Fahrenheit. Excessive heat and overcooking toughens the white of an egg. It may also cause a green discoloration between the white and yolk of a hard cooked egg. This discoloration, due to a chemical reaction between the sulfur in the white and the iron in the yolk, is harmless -- but may be unappetizing.

* * *

Avoid overcooking hard cooked eggs -- and cool promptly to stop cooking process. Eggs cracked in the cooking process should be used as soon as possible.

* * *

Mixed up on which eggs are raw and which ones are cooked? Simple method to remember...try spinning them, gently. Cooked eggs will spin...raw eggs will not spin.

COMMENTS ANYONE?

— ON CANNED STEWED TOMATOES

Consumers may find more consistent quality in canned stewed tomatoes according to a new proposal by the U.S. Department of Agriculture. Consumption of canned stewed tomatoes has increased substantially, over the past several years, according to USDA records.

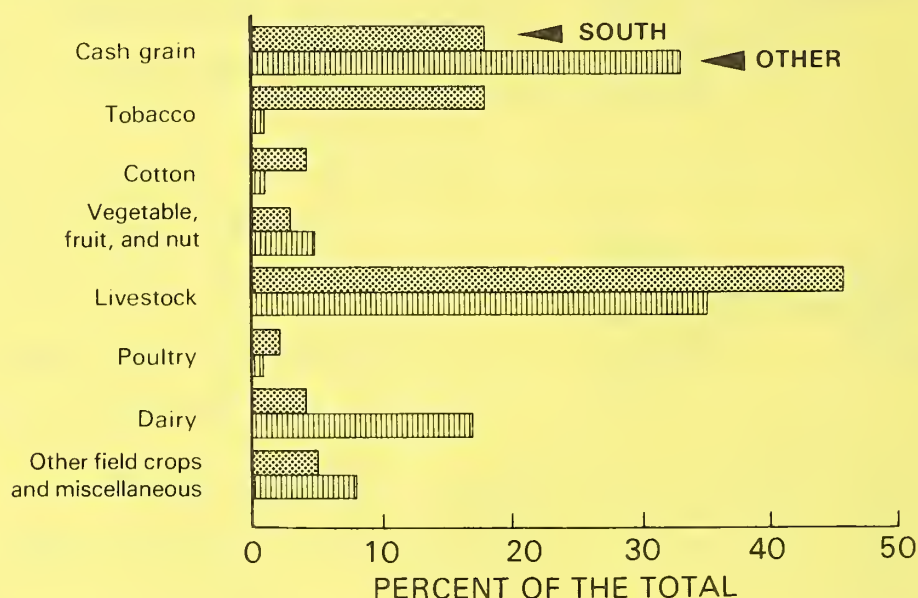
Two grades have been proposed by USDA's Agricultural Marketing Service. U.S. Grade A and U.S. Grade B. The grades will be based on color, character, texture, consistency, and general structure of the tomatoes -- and the absence of defects. The tomatoes may be whole, sliced, diced, pieces or wedge-shaped. Seasonings and spices may be added, since provisions are included for regular and "highly seasoned" flavor types. Quality evaluations would be provided for added vegetables such as green peppers, celery, and onions (which may not exceed 10% of total weight).

The new proposal also provides for a recommended minimum drained weight for both grades based on an average determined for a lot of canned tomatoes (not individual cans).

(More: See page 4)

AGRICULTURAL CHARTS

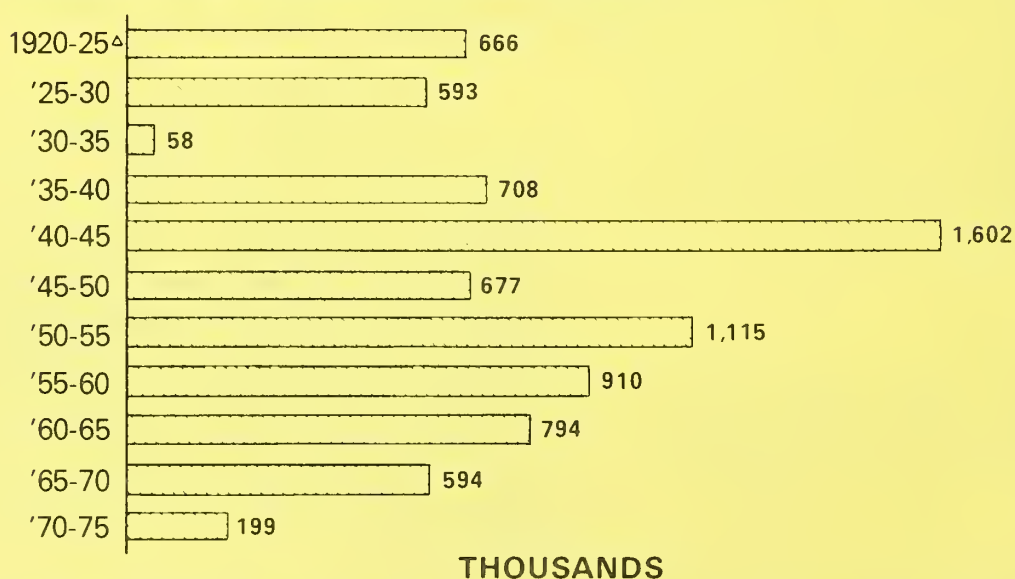
DISTRIBUTION OF FARM POPULATION

By Farm Type and Region, 1975

USDA

NEG ERS 2548-76 (9)

NET OUTMIGRATION* FROM THE FARM POPULATION



* NET CHANGE THROUGH MIGRATION AND RECLASSIFICATION OF RESIDENCE FROM FARM TO NONFARM
^Δ ANNUAL AVERAGES

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/prints of these charts are available for reproduction to the PRESS if requested from the Editor of Food and Home Notes.

HIGH FIBER BREAD

Volunteers are eating high-fiber bread to help researchers find the effects of fiber on zinc and copper and human health. The volunteers are participating in a live-in situation at USDA's Agricultural Research Service, Human Nutrition Laboratory at Grand Forks, North Dakota.

Dr. Harold H. Sandstead, medical officer for the study, reports that a control diet provided the volunteers with about the same nourishment from dietary zinc as special diets they had prepared to include the high-fiber bread. Rations of the high-fiber bread contained about one ounce more fiber-rich material than conventional bread used in the control diet. The effects of bread made high in fiber by the addition of soft white wheat bran, corn bran, or finely ground soybean hulls were compared with bread not increased in fiber.

In this experiment, volunteers ate bread made with extra wheat bran or soybean hulls and consumed about 0.3 to 0.5 milligrams of extra copper. The volunteers generally retained more copper from diets that included these high-fiber breads.

There are numerous questions as yet unanswered about the effects of dietary zinc and copper on human health. Dr. Leslie M. Klevay, one of the ARS medical officers, says one question is whether the dietary copper intake for most of the nation's citizens has declined -- as believed -- significantly below amounts generally held desirable during the past three decades.

"As of now," says Dr. Sandstead, "We are not sure of the amounts of dietary zinc and copper that are ideal...or whether consumption of high-fiber diets may increase risk of heart disease. To answer these questions we must continue to increase our basic understanding of the chemical and physiological functions of trace minerals and other nutrients in the body."

NEW PUBLICATION

— ON MEASURING FOOD

Eight hundred and twenty-four items have been listed by actual weight in a new U.S. Department of Agriculture booklet on measuring various foods.

The actual weight of one cup of various foods in different forms was obtained at USDA's Consumer and Food Economics Institute (Agricultural Research Service) laboratories for this new Home Economics Research Report. This information will be useful to Food Editors and those who advise consumers on the purchase and use of foods, food service managers, teachers, students, home economists, and dieticians, in test kitchen research and education programs. 68611

This publication -- Home Economics Research Report No. 41 -- "Average Weight of a Measured Cup of Various Food" is available from the Government Printing Office, Washington, D.C. 20402. 2 copies cost \$1.20; bulk copies of 100 or more at 25% discount -- or a single copy at .60 (with a minimum order of \$1.00)

CANNED STEWED TOMATOES (Con't.)

Copies of the proposal may be obtained from the Fruit and Vegetable Division, AMS, USDA, Washington, D.C. 20250. Written comments on this proposal, will be accepted until November 1, 1977 and should be sent in duplicate to the Hearing Clerk, Room 112-A, U.S. Department of Agriculture, Washington, D.C. 20250, where they will be available for public inspection.

Use of the USDA grade standards and grading service to certify the quality level of a product is voluntary and paid for by the part requesting the service.

FOOD and HOME NOTES, a weekly newsletter directed to mass media outlets, is published by the U.S. Department of Agriculture's Office of Communication, Washington, D.C. 20250. Editor: Shirley Wagener...Phone: 202-447-5898.
